

Wasatch County Senior Center: 435-654-4920 **Meal on Wheels (MOW) & Congregant Meals (CM)**

November 2020

Please Reserve or Cancel Your Meal By 4:00 The Day Before. **CM: Lunch Served 11:30-12:15/ Breakfast Served at 10:00**

Monday	Tuesday	Wednesday	Thursday	Friday
2 MOW: HAM, Mac & Cheese, Pork-N-Beans, Pineapple, Cottage Cheese & Roll	3 MOW: CHICKEN STIR FRY, Rice, Egg Roll, Orange Wedge & Roll CM: SEASONED BAKED CHICKEN, Rice Pilaf, Mixed Vegetables, Peaches & Roll	4 MOW: BEEF & RICE MEDLEY, Green Beans, Peaches & Roll	5 MOW: FISH, Au Gratin Potatoes, Carrots, Tropical Fruit, Tartar Sauce & Roll CM: HAM & BEAN SOUP, Grilled Cheese, Apple & Chips	6 MOW: CHICKEN NUGGETS, Potatoes & Gravy, Peas, Peaches, Tapioca Pudding & Roll
9 MOW: CHICKEN CUTLET, Potatoes & Gravy, Peas, Peaches & Roll	10 MOW: SALISBURY STEAK, Potatoes & Gravy, Green Beans, Pears & Roll CM: FISH, Au Gratin Potatoes, Carrots, Tartar Sauce, Tropical Fruit & Roll	11 	12 MOW: LASAGNA, Corn, Salad W/ Ranch, Mandarin Oranges & Garlic Toast CM: CREAMY CHICKEN PASTA, Green Beans, Applesauce & Roll	13 MOW: TUNA CASSEROLE, Peas, Tropical Fruit & Roll
16 MOW: CHICKEN FRIED STEAK, Potatoes & Gravy, Peas & Carrots, Banana Pudding & Roll	17 MOW: BBQ RIBLET, Mac & Cheese, Pork-N-Beans, Orange Wedge, Cookie & Roll CM: ***Breakfast @ 10:00** PASTRIES, Hashbrowns, Eggs, Sausage & Fruit	18 MOW: BEEF STROGANOFF OVER NOODLES, Green Beans, Pears, Cottage Cheese & Roll	19 MOW: CHICKEN CAESAR WRAP, Chips & Mixed Fruit CM: TURKEY W/ DRESSING, Potatoes & Gravy, Green Bean Casserole, Cranberries, Pumpkin Pie & Roll	20 MOW: TACO BAKE, Tator Tots, Corn, Peaches, Chips & Salsa
23 MOW: STUFFED PEPPERS, Potatoes & Gravy, Green Beans, Peaches & Roll	24 MOW: TURKEY W/ DRESSING, Potatoes & Gravy, Carrots, Cranberries, Pumpkin Pie & Roll CM: CHICKEN CAESAR WRAP, Fries & Mixed Fruit	25 MOW: CHEF SALAD W/ RANCH, Orange Wedge & Crackers	26 	27
30 MOW: CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Peaches & Roll	Reflect And List 4 Things You Are Thankful For..... 			

SUGGESTED MEAL DONATIONS The Suggested contribution for the meal program at the Senior Center and for Meals on Wheels is \$3.00 per meal for seniors 60+ and their spouse. The mandatory cost for those younger than 60 is \$6.00. Seniors with more financial resources are encouraged to donate the full \$6.00